



## RHODE ISLAND ROAD RUNNERS

The smallest state's largest running club!

April 2024 – Volume 34 – Issue 4

### Announcements

- **Next Meeting** – Tuesday 14 May at the East Providence Yacht Club, 9 Pier Road, East Providence at 7 p.m.
- **Membership renewal time for many** – if you have questions about yours, please contact Don at [dclukies@gmail.com](mailto:dclukies@gmail.com).

### Stu's 30k

Clinton, MA – 3 March 2024

Michelle Branco and I ran Stu's 30k last Sunday. Tough race with a lot of hills - my Strava said 1000' elevation. My time was 3:33. Water and Gatorade on course every 3+ miles, run around Wachuset reservoir on road beautiful course great for training.



-- Diane Souza

### Hyannis Half Marathon

Hyannis, MA – 3 March 2024

The weather was great for this year's races. There is a 10k, Half Marathon, and full Marathon that all begin together at 10 am. Saturday was rain all day but it stopped early on Sunday and except for a couple puddles, the course was dry. I have easily run this event more than any other annual event in my running career. For many of the past years, the club has reserved a room at the race hotel which makes this out-of-town race really simple. Show up at the room with all your stuff, relax and stretch, bathroom access and head out to the start just minutes before the gun. It is the usual course that heads into downtown Hyannis and then finds its way past the harbor, past JFK park on the way to the halfway point at Craigville Beach. From there it is a tad rolling as you work your way through some neighborhoods in Centreville on your way back towards the finish.



My lone beef with the course is the section around mile 10 where the road is not closed and based on the way the cones are setup, it is single file running unless you step out into traffic to pass people. The section is a few hundred yards and tolerable, but annoying for sure.

Once finished, runners head back into the ballroom for bagels, fruit, donuts, chowder, and fluids. There was a local band playing while runners assembled. Usual swag of a long-sleeved tech shirt and decent sized medal. This really is a well-executed event and the support provided by the club sponsored room makes this one that members can get lots of value for their money. Extra special this year in that I got to catch up with a friend of mine that I worked with for 20 years who was running her first ever half marathon – Claudia Mobilia – congrats!

- *Kevin Brennan*

### 10k

Mike Holtman	49:56
Matt Fenster	52:38
Scott Caldwell	1:08:22
Don Clukies	1:10:32
Christy Brennan	1:14:30
Madeline Torres	1:30:26

### Half Marathon

Brian Sperlongo	1:38:05
Brian Govednik	1:40:31
Kevin Brennan	1:42:42
Heather McCabe	1:53:28
<b>Claudia Mobilia</b>	<b>2:00:16</b>
John Santillo	2:03:16

### Marathon

Shivaun Pacitto	4:26:50
Marianne Currie	4:44:19

## Hungryland UltraMarathon

West Palm Beach, FL – 23 March 2024

This race piqued my interest, as it was being held in a large state park with a 15 mile loop on a combination of grass and hard packed dirt trails. The race format was pretty simple-it started at 7:00 a.m. on Saturday morning and continued for 33 hours until the finish on Sunday at 4:00 p.m., and the winner was the runner who covered the most mileage in those 33 hours. Due to the extremely rainy winter we've had in Florida this year, I was a little bit concerned about running this race, as it was a trail ultra in a state park which can get somewhat

wet during rainy periods, but a week prior to the event, the race director did a reconnaissance run on the course, and reported that it was about 80 percent dry, which I was happy to hear. And for the 5 1/2 days immediately preceding the race, the weather was completely dry, but all that went down the tubes 2 days before the race, when the skies opened up, and the area was hit with 4 inches of rain and widespread flash flooding. So what was originally an 80 percent dry course now turned into a 90 percent wet course, with some parts of the course covered with 2 feet of water. This made for an incredibly difficult trek, between the deep water and deep mud which was just as miserable as the deep water. There were very few areas on the course where you could actually run, and myself and the vast majority of the competitors walked most of the course. After finishing my first 15 mile loop, I debated continuing on further, but between being completely covered with mud and being thankful that I didn't get attacked by any alligators, poisonous snakes, or any other nasty critters, I made the decision to call it quits after that first 15 mile loop. And while there was great course support, with plenty of food, drink, etc., the thoughts of going for another 15 miles of miserable conditions just wasn't very appealing. And while the course conditions were extremely difficult, if it had been dry, it would have been a lot more fun, as the race organizers did a really good job with all aspects of this event. So with all that being said, I'm already making plans on giving this race another shot next year.

- *Mike Proto*



## A Hard Thing to Swallow 10k

Hollywood, FL – 24 March 2024

I had no intention of running this race, but due to not getting much of a workout the previous day at the wet and muddy ultra, I signed up at the last minute. It was a 1.55 mile asphalt loop at a county park that you ran 4 times, and while it was pleasant enough, with no traffic, and decent race management, there were very few runners, and a very small selection of fruit and sweet snacks. All in all, I give this race just an OK, and I don't expect I will be coming back to run this race again.

- *Mike Proto*

## TARC to Hale and Back 5k or 6 Hour

Westwood, MA – 23 March 2024

I had no intention of running this race, but due Trail Animals Running Club events have come to mean a couple things for me. Excellent race organization with an emphasis on safety, a mandated haven for trail runners of all abilities and goals, an atmosphere of camaraderie and sportsmanship. Above all the rest, I know that when I run a TARC event, it may be just a little punishing, but I will be glad to have done it.



This year's "To Hale and Back" occurred on a classic March day in New England, complete with driving rain, gusty wind and temps in the 30s-40s. Set at the Hale Reservation in Westwood, MA, the Animals have crafted a 3.5 mile looped course with plenty of ups and downs, views of the Noanet Pond, a variety in terrain and only a few trippables. Participants have two signup options: Once around the loop for the 5k, or the 6-hour race, where runners can do as many loops around the course as they care to within the 6-hour window.

Amenities included access to the heated lodge with a secure place to stage your gear and your loved ones, indoor restrooms (!), outdoor port-o-johns, and of course, the aid station. Let's talk about this aid station. Participants are highly encouraged to bring food & drink donations for the aid station. This year, someone had the bright idea of creating a digital signup list with suggested items to bring. On offer, there was pretty much anything you could ask for: Cookies, candy, 4 varieties of pop tarts, fudge, chips, pretzels, pickles, boiled potatoes, fresh fruit, gels, soda, electrolyte drink, and, naturally, warm homemade quesadillas and grilled

cheese... It's a good thing we're running so much with all these delicious treats!



In spite of the rain, many of the runners I chatted with before the race were in good spirits and ready to get out on the trails and do their thing. After a pre-race briefing, we lined up outside and with an energetic group yeti howl, we were off! The first loop was a bit crowded on the single track, but when I dropped off my gloves and got back out for my second loop, everyone had spread out and I was alone for long stretches. As the day progressed, the rain kept on coming, and the trails became thoroughly soupy. Runners I encountered were very gracious in giving me plenty of space to pass by, usually with kind words of encouragement. On-course was a volunteer professional photographer from the MassUltra website taking high quality pictures of everyone. After the race he posted the full quality pictures to download for free.



The winner of the 6-hour race, Mat Ridley, was the only runner to have completed 10 laps this year, putting him at an official distance of 35 miles (he actually ran 36.8 miles according to his Strava). Interestingly, as with the last TARC race I ran, this course was also slightly longer by a few tenths of a mile than the official stated distance.

In regards to my personal race, I was sick with some kind of upper respiratory virus and probably shouldn't have been there at all. Stubborn though I am, I pumped myself full of caffeine, Dayquil and cough drops and put in 26 miles over 7 loops. I'd love to come back next year and try to squeeze in a few more loops before the cutoff. Perhaps there will be less mud, and maybe even some sun! One can dream, right?

*- Matthew Montano*

Matthew Montano 26.34 mi 5:23:49 12:18 /mi

88 finishers

### Eastern States 20 Miler ME and NH – 17 March 2024

I had no intention of running this race, but due The Eastern States 20 Miler race is a favorite for runners prepping for Boston and or London Marathon. The point-to-point race had a course change this year, it did not end in Massachusetts so obviously runners only crossed two states; some runners were not happy as the change was not posted until about a month before the race, it did not make a difference to me 95% of the course was the same. Also note that the same applied for the Half Marathon. The logistics remained the same, runners met at the ending point and got bused to the starting point for both the 20 miler and half marathon. The end point was in Hampton Beach Park, NH not Salisbury, MA. Runners parked, picked up the bibs and got on the buses from Hampton Beach. Post race activities all took place in Hampton Park. As for the course change the race started right at the drop off point at the elementary school; where the old starting point was instead heading to the right on Wentworth runners took a left on Rogers Road for a mile loop then back to the old course until the end at Hampton Park. The half marathon starting point also changed. Most of the course was basically the same, all along the coast, fairly flat and windy. The rain stopped right before the race started but the winds were pretty strong, up to 25 MPH but for this race is to be expected. The mile markers like previous races counted down the miles remaining. Bottom line for runners the course change did not make much of a difference as about 95% remained the same. A couple of more water stops were added a welcome addition. The two complaints, first, the same as last year not enough Porta Johns at the beginning or end. Although this year the school was opened about half hour before the start there was not enough. Second, the hot food at the end the soup did not look good and I heard not very tasty. There was chips, yogurt, bananas and water but after 20 Miler I want something more

filling. The bag check was handy as runners could keep warm and turn in any gear to get at the end which was handled seamlessly with the help of Miss NH another plus. Overall I think the race is great if you are prepping for a Spring Marathon. The point-to-point is scenic and the flatness will at least compensate for what most likely will be a windy course. The cost is reasonable and it includes a t-shirt, a big ass medal and decent support throughout the course.  
Happy Running


- *Johann Gomez*

Johann Gomez	3:05:44
Cee Vallee	3:25:04
Mike Vallee	3:24:42

### Marshfield 5k Marshfield, MA – 16 March 2024

OK, I joined Thirsty Irish Road Runners last year and find that they have a lot in common with our club, so I decided to register for one of their Grand Prix races. This race was originally a 20k, then a 10 miler and now has become a 5k. So much for the timeline of races and their "mission" i.e. to attract more runners and \$. The race, fortunately was discounted for TIR members and consisted of a flat loop in Brant Rock where the "action" is in Marshfield along the waterfront. Approaching Marshfield by GPS you will never see any sign that says "Marshfield". Parking was challenging but I got there early to be near the start. No shirt, scant post race food and NO BEER not to mention that I had to compete along with 3000 runners in the 70+ division. I am still learning lessons in the world of running races and will make sure to skip this one next year. The camaraderie with the TIR was great but the race management was a ripoff.

- *Don Clukies*

Don Clukies 35:41 11:29  13/27 70+

### Boston Tune-up Frank Nealon 15k

## Upton, MA – 30 March 2024

I have done this delightful race for years as it is an "old fashioned" run put on by the TriValley Front Runners . Weather was great for this large loop road race which has lots of small hills and has excellent support and traffic control. They give you a coffee mug for entering (no shirt) and hot soup/pizza post race. I would give this race and the TVFR club the highest rating for a road race to date. If you happen to be >70 yo all of the TVFR races are free. This is what races used to be back in the day when "races were for runners".

- Don Clukies

Don Clukies 2:13:58 14:22 23/24 70+

## RIRR Weekly Free Fun Run Schedule

**Sundays** 10am Colt State Park - Park Office (aka Barn) parking lot. 4 mi measured loop. Many runners hang afterwards to socialize. BYOB whatever that may be.

**Mondays** 6pm The Nest, State St Bristol, run out and back on Thames/Bike Path then play Trivia @ The Nest 7pm for cash prizes.

**Wednesdays** 6 pm The Guild in Warren. Out and back up to 5 mi (choose your own distance) along bike path/bridges and Barrington River.

**Last Friday of the month:** March 29 German American Club, 78 Carter Ave Pawtucket RI. Out and back with loop through festive Slater Park - approx. 3.75 miles.

*Editor's note – what to expect at these weekly runs:*

1. *The Nest in Bristol – there is a public lot across from the pub. Runners meet there and generally venture North on Thames towards the bike path and do an out-and-back of up to 5 miles. Better weather = more runners, bad weather = no runners. Many head over to the Nest (small Irish pub) for dinner/apps, drinks, and trivia*
2. *The Guild in Warren – park anywhere in the lot (99 Water Street apartments) and meet in front of the Guild. Runners usually head east and exit*

*the mill complex onto Main Street and head North over the 2 bridges into Barrington and turn left onto Matthewson Road (along the water). Turning around at this point is about 3 miles total. The 5 mile course requires that you go to the end of Matthewson, turn right on Ferry Road, and then left on Adams Point Road to the end. Reverse your course back to the Guild. Many runners stay for a couple pints, apps, and fellowship.*

3. *Colt State Park – meet at the Barn parking lot for 10 am start. 4 mile loop course winds through the park and runners socialize in the lot after with whatever beverage they enjoy. Propane heaters are usually in play for colder days.*

## RIRR 2024 Schedule

1. **Hangover Classic, Bristol, January 1**  
~~Providence Half Marathon, May 5~~
2. Newport 10-Miler, June 2
3. Narragansett Summer Nights, Bristol, June 20
4. Dedham Four on the Fourth, Dedham, MA, July 4
5. John & Jessie Kelley Half Marathon, New London, CT, August 3
6. Common Fence Point 5-Miler, Portsmouth, August 18
7. South Foster Firefighters 10k, October 12
8. Colt State Park Half Marathon, Bristol, November 3
9. The Mews Gears & Beers 5k, Wakefield, November 17
10. Trot Off Your Turkey 5k, Barrington, Nov. 29.

If any race cancels, the make-up will be the Nooseneck 18k on Dec. 26

**A new rule for this year's Grand Prix:** Members who participate in any Grand Prix races MUST EMAIL katjonkdd@cox.net with their results. If you don't do this, your results will not count!

## Race Calendar

April 6 Sat

10am Nayatt 5k \$40, Nayatt School 400 Nayatt Rd, Barrington, neighborhood loop, food trucks, kids race, dj, [racewire.com](http://racewire.com)

7:30pm Newport Nite Run 5k \$38.90 (?15% discount for RIRR members) "RIRR23", Rogers High School Wickham Rd Newport, a flat scenic loop, bring a headlight and reflective gear. a Gray Matter production. [newportnightrun.com](http://newportnightrun.com)

#### April 7 Sun

8am Coffee Milk Half/10k/5k \$47/37/24 Quonset Point 95 Cripe St No Kingstown, a flat loop in an industrial park. [oceanstatemultisport.com](http://oceanstatemultisport.com)

#### April 13 Sat

7:30am Newport Rhode Races Mar/Half/5k \$115/90/40, Easton's Beach Newport, a great run along Ocean Drive and past the "Daffodils" and coastline, a rolling loop, marathoners continue to 2nd Beach and out Indian Ave and back, food and beer (Sam Adams) post race, pacers will be running and some RIRR members are volunteering, post race at Powers house, [rhoderaces.com/events/newport](http://rhoderaces.com/events/newport) 🍌😊

#### April 14 Sun

11am Clamdigger 5k/5mi \$27/32 Westerly Town Beach Pavilion 365 Atlantic Ave, Westerly, a flat out and back along Atlantic Ave, a WTAC event good chowder post race, [westerlytrackclub.org/clamdigger.html](http://westerlytrackclub.org/clamdigger.html)



#### April 15

9am BAA Marathon Hopkinton MA (for those running it), Mile 17 Newton water stop (RIRR volunteers) 7am. volunteer for next year and become eligible for a club waiver and get a free BAA windbreaker

#### April 20 Sat TENTATIVE

8am Ponham Rocks Lighthouse Run 5k/10k , \$35/30, 701 Bullocks Pt Larisa Park, Riverside, a flat loop, pizza/subs and one beer at the 133 post race. [runsignup.com](http://runsignup.com)

#### April 21 Sun

11am West Island 5k \$20/25, 41 Causeway Rd West Island Fairhaven, flat loop with an uphill finish, [westisland5k.org](http://westisland5k.org)

8am Shannon Heil 5k/8k, \$30/40 Lincoln Woods State Park 2 Manchester Print Works Rd, Lincoln, a hilly course. active.com

9:30am Hustle for Hope 5k \$30 Colt State Park, [runsignup.com](http://runsignup.com)

#### April 28 Sun

10am Hummingbird Run 5k/10k \$35, Crackerbarrel Fairgrounds, Emerald St Wrentham, a memorial race for safe driving. racewire.com

10am RI State Police Foot Pursuit 5k \$30, No Beach Clubhouse, Narragansett, a lollipop loop thru town with some mild inclines, good post

race cookout, [risp.ri.gov/5k/index/php](http://risp.ri.gov/5k/index/php) 😊🍌

11am James Joyce Ramble 10k \$45 Endicott Estate, Dedham, an old and well managed loop thru historic Dedham and Noble/Greenough school with Joycean readers in period costume reading passages appropriate to that part of the course, bring your own food, but the beer never runs out. this is a classic race that you cannot miss, [jjramble.org](http://jjramble.org) 😊🍌

**Editor's Note:** A very special thank you to those who submitted race reports, articles, special features, and photos. They are ALWAYS welcomed, encouraged, and NEEDED, and while pictures look good on Facebook, they ALWAYS look better in a newsletter! If you want to submit something to the next newsletter, please send an e-mail to [kmbrennan401@gmail.com](mailto:kmbrennan401@gmail.com). If you think no one is interested or that you are not a good writer, think again. Members love reading about the experiences of others, including logistics, surprises (good and bad), and especially from newer runners. Was it your first time doing the distance? A PR? Please share and help our club stay vibrant.